

Sexual Health and Relationships – Lesson Plan Two **Flik and Shifty's Story**

Following up on the short film, use this lesson to highlight and explore the importance of using contraception, the effects of alcohol on decision making and the availability of local sexual health services. In addition, exercise two looks at expectations of a sexual relationship.

Exercise One: The Big Issues

Use our characters statements to discuss their attitudes.

Following up on the short film, use this lesson to highlight and explore the importance of using contraception, the effects of alcohol on decision making and the availability of local sexual health services. In addition, exercise two looks at expectations of a sexual relationship.

Task 1: Contraception.

Task 2: Services.

Young people should be aware that their generation is more at risk from sexually transmitted infections (STI's) than any other previously. Older STI's, such as Gonorrhoea and Syphilis are returning in high numbers and newer STI's such as Chlamydia are being recorded at extremely high levels. Even HIV / AID's is becoming more prevalent after a period of lowering infection rates in Western Europe. It is still however, having disastrous consequences in the developing world, where it has radically changed the populations and birth rates. Follow up by looking for details of local and National sexual health support services.

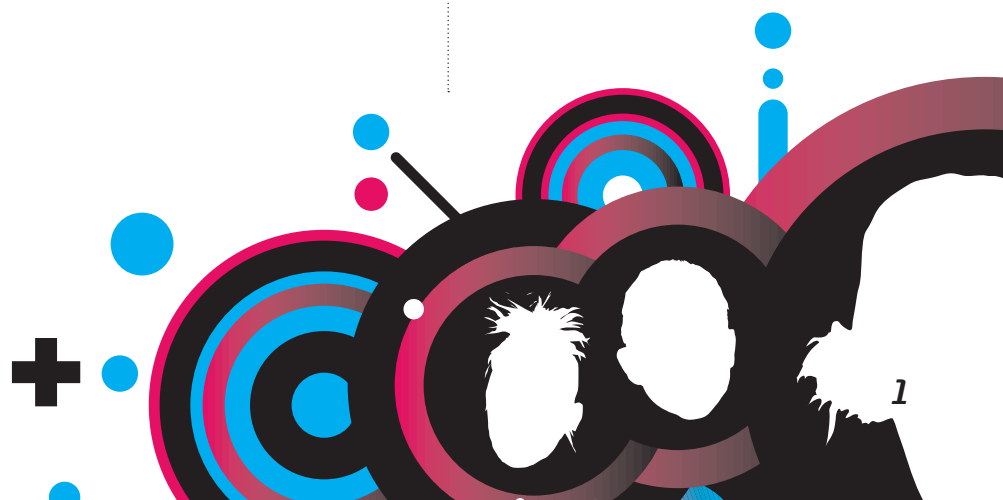
Remember

The 'Ladies' in our short film working in the chemist and the surgery were for strictly comedy purposes. In reality, workers in sexual health services are trained, sensitive, caring and in most cases, confidential.

Re-arrange the class into same sex groups of 4 or 5 and ask each group to make a list of what is required to make sexual intercourse 'special or enjoyable'. Ask them to try to list six things. Give them ten minutes to discuss and write. Each group then appoints a speaker to read their list to the whole group. Compile a class top 6 on [page 3](#)

Then follow up with these questions:

- 1:** Are the boys responses different to the girls? Why?
- 2:** What were Shifty and Fliks attitudes in the film? Did they change?
- 3:** What are the emotional consequences of sexual experience?





Sexual Health and Relationships – Group exercise 3 **Accessing Services**

A: Name three places where advice about sexual health can be obtained:

1:.....

2:.....

3:.....

B: What days and times of the week is a school nurse available to you?

.....

C: Where else is sexual health advice available to you? (Circle the ones you use)

TV Internet Magazines School Parents Friends

D: What kinds of services are available at a sexual health clinic?

1:.....

2:.....

3:.....

E: What would prevent a young person from accessing a sexual health service?

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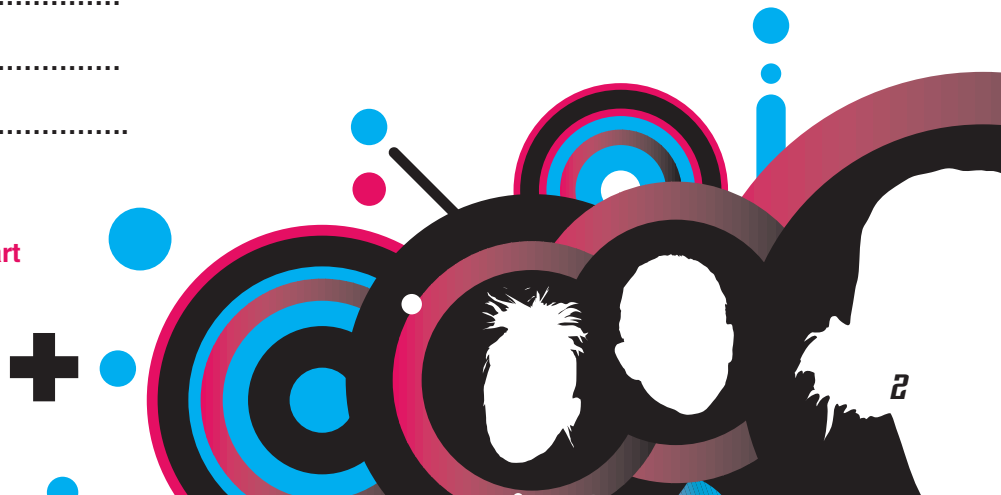
F: What would help a young person to access a sexual health service?

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Now appoint a reader to tell the rest of the groups...Thank you for taking part





Sexual Health and Relationships – Group exercise 1 Contraception.

Name 5 types of Contraceptive:

1:.....

2:.....

3:.....

4:.....

5:.....

Name 5 places locally where contraceptives or advice about contraception can be found:

1:.....

2:.....

3:.....

4:.....

5:.....

Name 3 reasons why some young people don't use contraception:

1:.....

2:.....

3:.....

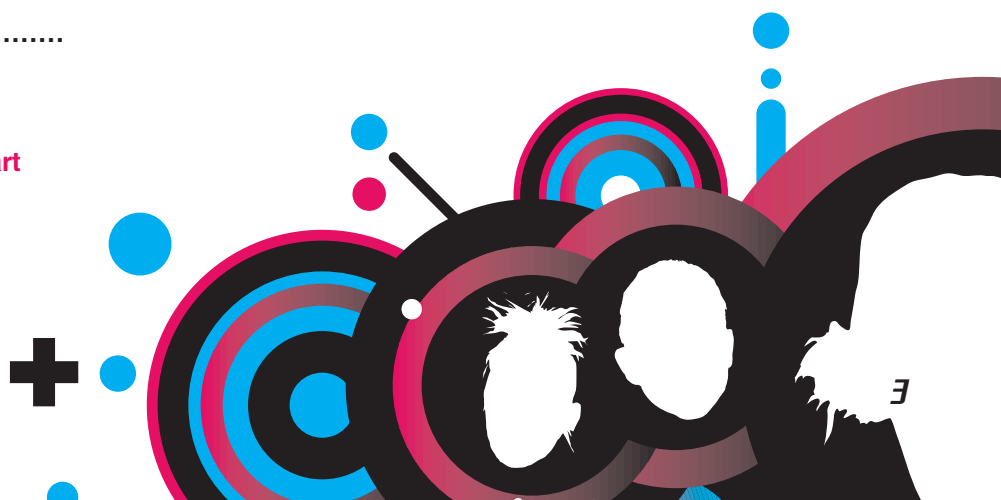
Name 3 reasons they do!

1:.....

2:.....

3:.....

Now appoint a reader to tell the rest of the groups...Thank you for taking part





Top 6 list

